

ROADS

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Lajes Field,
Azores



CROSS

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Crossroads
on your
computer at
www.lajes.af.mil/pa/65thpa.htm

FYI

A memorial service for SSgt. Norman Tucker is tentatively scheduled for 10 a.m. Friday at the base chapel. For more information, call Ext. 24211



Photo/SrA. Sharon Fairley

A base exercise used this husk of a C-130 aircraft to represent a C-5 accident that was at the core of a major accident response exercise Friday. For more information on the exercise see the story below and Pages 6 and 7.

Terrorism, accident response tested

SSgt. Rosaire Bushey
Editor

Non-combatant evacuations, terrorists, bombs, crashing aircraft, vehicle recalls and escalating threat conditions - last week's base-wide exercise had it all.

"It's been years since we tested some of the items we placed in this exercise," said Maj. James Hamrick, chief, wing plans, programs and exercises. "We wanted give our folks opportunities to test base capabilities to correctly respond to exercise scenarios based on events we see every day on the news." Hamrick said "the exercise went smoothly, overall, although we did find a few bumps in the road. The whole point of a training exercise is to find out where you need to improve and then

Continued on Page 7

Lajes mourns loss

Chaplain (Maj.) Darrell Bruning
Senior chaplain

A noncommissioned officer assigned to the 65th Operations Support Squadron was found in his on-base residence Tuesday morning after apparently committing suicide.

An old English proverb reads, "The most recent grief is the heaviest to bear." Certainly, the grief the Lajes community is bearing with the death of SSgt. Norm Tucker is heavy indeed. We grieve for him, his wife, children, and extended family. But, we also grieve for ourselves, his friends and colleagues.

People tend to process the experiences of life, especially grief and death events, quite differently. Some turn inward and mourn silently. Others may find they best respond to this type of experience by talking with others or helping those who are suffering. You may be one who prefers to talk with someone in a professionally supportive role. Since very few of us in the community will be untouched by the recent events, we want to remind you of the resources available to you.

The chapel, Ext. 24211; family support center, Ext. 24138; and mental health, Ext. 25177; have caring men and women who are available to listen and talk with you at any time. If you would like to talk to someone after duty hours, any of the these agencies can be contacted through the command post, Ext. 24123. Also, remember, your commander, first sergeant and supervisors have resources to support you, as well.

A second old English proverb reads, "All griefs with bread are less." Implied in this proverb is the notion that grief is best handled by sharing with trusted, caring people. Whether over bread, drink, or plain conversation, let's bear our burdens together and take care of each other during this time of tragic loss and sadness.

Renovations

Workers continue on renovations to T-122, visiting officer's quarters across from the new club. The construction which has been ongoing for five months is expected to be completed this fall. The refurbished VOQ will include 50 double occupancy rooms and six distinguished visitors quarters. The entire project cost about \$3 million.



Photo/1st Lt. Geoffrey Fischer

Personnel officials answer concerns

RAMSTEIN AIR BASE, Germany (AFNS) — The Air Force's top official for personnel issues recently gave concrete answers to some of the hottest topics among airmen and their families.

"You can be assured we are working hard to improve the well-being of our military members, retirees, and their families," said Lt. Gen. Michael McGinty, Air Force deputy chief of staff for personnel.

"I recently testified before the Senate Armed Services Subcommittee on Personnel and the House National Security Subcommittee on Military Personnel and report we have favorable support from the House and Senate when it comes to quality-of-life issues."

McGinty said Air Force leaders are working hard to "provide our airmen with a suitable and secure standard of living -- one that will sustain a trained, experienced, ready force now and in the future."

On the issues, the general said:

- Revamp the basic allowances for quarters and subsistence

"The purpose of the reforms to establish credible allowances based on external sources, and getting the right amount of money to the right people. The proposed BAS reform will tie subsistence to the U.S. Department of Agriculture food index (accepted as the cost of food and well-balanced meals for people between 20-50 years old) vice the current method of tying to pay raises.

"The proposed BAQ reform combines BAQ and VHA (variable housing allowance) into a single allowance and ties the allowance to locality-based data, replacing the current survey expenditure-based system; rank remains a factor. The reform removes inefficiencies in the current system, includes a 'save pay' provision, and we hope to be able to buy down absorption in the future."

- Study to reduce BAS

"The Office of the Secretary of Defense and the services are proposing the BAS reform. The plan is to allow 1 percent BAS increases until the allowance equals the USDA food costs and then increase BAS at the same rate as the USDA index. The BAS reform also calls for BAS for all. This will allow enlisted members not currently receiving BAS to receive a partial BAS equal to the dollar difference between the dining facility meal rate and BAS. The actual funding for this reform will depend on available funds. On the table is a cost neutral plan within the Department of Defense; however, if additional funds become available, the funding of the reform could change."

- Eliminate AF Reserve/Guard retirement

"The Air Force and Congress recognize the importance of the Reserve and Guard in the total force concept and we advocate preservation and stability in the

retirement systems. We are not aware of any proposal to eliminate the retirement system."

- Enlistees can only expect to get 35 percent to 40 percent retirement upon 20 years of service

"Enlisted members who enter the service after July 31, 1986 receive 40 percent of their highest 36 months of basic pay earned."

- Downsize medical treatment

"The Military Health Services is conducting an ongoing force structure review to ensure that scarce resources are used efficiently. The sense of Congress is that any savings generated by restructuring must not come at the expense of beneficiaries. The Air Force fully supports this position. Over 3.3 million active-duty and retired airmen and their family members receive managed care through an effective partnership of military and contract providers under the new DOD health care

Continued on Page 8



police blotter

The police blotter are true incidents affecting members of the Lajes community for the period of June 5-10

Burglary

June 7 - Theft/damage to private property/secured, H-173/Santa Rita. Person(s) unknown forcibly entered a member's storage shed and stole a bike, food, video games and equipment and bike accessories.

-June 9 - Theft/damage to private property/secured, T-25D/Lower-T. Person(s) unknown forcibly entered a civilian's quarters and stole an organizer used as a wallet containing money, credit and ID cards.

June 9 - Breaking and entering theft/damage to government property/secure, T-294/DODDS. Person(s) unknown forcibly entered the facility. A VCR/TV combo was reported stolen.

Larceny

June 6 - Theft/damage to private property/POV/secured, Quatro Ribeiras. Person(s) unknown forcibly entered a member's POV and stole clothing, sports and gym items.

June 7 - Theft/damage to private property/POV/secured. T-9B/Lower-T. Person(s) unknown forcibly entered a member's POV and stole a hydraulic jack.

June 7 - Theft/damage to private property/POV/secured, T-9C/Lower-T. Person(s) unknown forcibly entered a member's POV and stole a set of speakers, a pair of shoes, a pair of glasses, and numerous cassette tapes.

Vehicle accidents

June 7 - Major POV/POV accident/with a fatality, Angra Highway. A member operating vehicle one and a Portuguese national driving vehicle two were involved in an accident that resulted with a fatality.

June 9 - Minor POV fixed object accident/no injuries/off base, Biscoitos. A member driving a rental vehicle slid on wet cobble stones and struck a rock wall.

June 11 - Minor GOV/POV accident/no injuries, T-706/AGE storage facility. A member driving a government vehicle hit a parked POV.

Lajes Team Player



SSgt. Karen
Rugg

Unit - 65th Services Division
Like most about Lajes - The fact that we're saving a lot of money.

DEROS - Dec. 1998

How do you contribute to the Team Lajes mission - By maintaining the financial data for the Tradewinds Dining Facility and Mountainview Flight Kitchen.

If I were commander for a day I would... - I would upgrade all the playground facilities on the base.

Core values: Most important culture change in AF history

1st Lt. Todd Bergman
For public affairs

In a briefing held Monday, Col. Rod Gibson, U.S. Forces Azores Commander, briefed his group and squadron commanders on the Air Force Core Values initiative. The briefing outlined strategies concerning the dissemination of information on core values to all Air Force members assigned to the 65th Air Base Wing, the history behind the initiative, and, discussed at length were the three core values of:

Core Values

- Integrity First
- Service Before Self
- Excellence in All We Do

- Integrity First
- Service Before Self
- Excellence In All We Do

Gibson said, "The Air Force Core Value initiative is not an attempt to change our members' value or belief systems; it's an opportunity to explain that these core values are the price of admission to our Air Force and are essential to the success of our mission."

He went on to explain the Air Force Core Value initiative encompasses three separate yet inter-linked phases to ensure information and education are provided throughout a member's career.

Gibson explained, that the Air Force has implemented a three phase initiative to ensure our values are communicated through our force at every level. Phase one is the "top-down" approach, where wing commanders present a core values lesson to all members under their command. In addition, units will perform a "bottom-up" review identifying policies, procedures and processes that are genuine impediments to the creation of a culture of ethical success from unit to Air Force level. Phase two is a "school house" weave, accomplished by the Air Education and Training Command during initial indoctrination training and through appropriate professional military education.

Finally, to ensure a climate of ethical success prospers in each unit, the "continuation" phase will identify natural ways to weave the "Core Values" initiative into daily operations, through open discussion on ethical behaviors, mentoring, leading by example and reviewing material presented on the core values website.

Gibson closed the briefing by saying he is very serious and excited about the initiative. "We are partaking on the largest and most important culture change affecting the Air Force in its 50 year history," he said. "By embracing and supporting this initiative wholeheartedly, we are ensuring future mission success."

action lines



Col. Rod Gibson, U.S. Forces
Azores Commander

The Action Line is your tool to help Team Lajes. However, before you call, try to resolve your issue through the appropriate agency. You may remain anonymous, but for a direct answer, please leave your name and phone number. Items of base wide interest will be published. Use the following numbers to help solve problems through base agencies.

Family support	23122	AAFES manager	23209
Commissary	26124	Dining facility	24156
Fitness center	25151	Hospital	23615
CC	25216	Civil engineer	26113
Housing	26251	CE customer service desk	23335
Chaplain	23411	Telephone service desk	119
Security police	26114	Supply squadron	23832
TMO inbound	25168	TMO outbound	24213
Personnel flight	23612	Action Line	24240

Civil engineer provides quick response

We often hear complaints about poor customer service or not quick enough response by support activities, such as civil engineering, to our daily problems. I would like to commend the outstanding performance by one CE professional: SSgt. Darryl Knowles. Recently I lost all electrical power in my cottage. My wife called the service desk for help and in less than five minutes



Knowles was at the door. He was walking with his family and immediately responded to the beeper. He assessed the problem and found that the electric meter panel needed to be replaced. He went back to his shop and found the parts and in less than half an hour restored electricity to our house. The outstanding professional competence he demonstrated, as well as the deep interest in our needs, is clearly a testament to the super caliber of professionals at this base. My hat is off to this NCO and the CE squadron.

You've just summed up what makes Lajes such a great place - the people. Actions like those of Sergeant Knowles are typical of the type of service everyone can and should expect from all customer service organizations. Thanks for taking the time to call in and recognize the stellar performance of one of Lajes' finest.

101 Critical Days

Stay out of injury zone

Maj. David Conley
Chief, Wing Safety

The amateur athletes are back. They're the ones who let their competitive fires burn on the softball or soccer field, or the basketball courts.

People are getting hurt needlessly on the fields and courts. Those competitive fires for the sport and being the winner are there. The need and desire to say, "I can still hang with the big boys" still runs rampant. We amateurs tend to forget that we are exactly that, amateurs! We work full-time, and although we try to stay in shape by hitting the gym semi-regularly, our bodies and instincts are not those of the pros. That's not to say we should over-react to injury when we participate in sports, but we should realize what our limitations are, and respect them. If we play beyond our limitations, we place ourselves in "the injury zone."

The injury zone - a place feared by supervisors, com-

manders, spouses and children. That's the zone amateurs place themselves in when they don't heed that nagging pain in their arm, or legs. They say, "I haven't played for years, but I can still hang tough," or "forget the pain, it's not that bad."

The injury zone is about those situations and more. It's such a feared place because it is injuries that take people away from the job which hampers the mission and places extra burden on co-workers. It takes you away from that long awaited night of dancing with your spouse, or that outdoor outing with the kids.

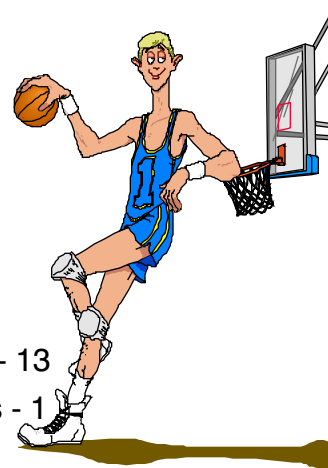
Remember, you aren't the teenage superstar of yesteryear, nor are you a star forward in the NBA.

Summer is here, and that means outdoor intramural sports will follow. Make sure you're in shape and respect your limitations. Don't be a statistic. Stretch properly before playing, and realize overexertion and aggressiveness can put you on the express train to "The Injury Zone"

101 Critical Day Countdown

For the week of June 12-16

Category	Injuries
Sports	1
(Basketball)	(1)
Misc.	1
(Cleaning)	



Total for 101 Critical Days - 13

Total lost work day injuries - 1



ROADS

CROSS

**65th Air Base Wing
Public Affairs Mission:**
To ensure timely and
accurate information
services for U.S. FORAZ
members, their custom-
ers and the island
community.

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Editorial offices are located in Bldg. T-100, Room 207, Ext. 23347.

News, features, art and photography are solicited from readers, however, the editor reserves the right to edit copy and judge if submissions are newsworthy or appropriate for the newspaper.

The deadline for submission is one week prior to the publication date.

All photographs are Air Force photographs unless otherwise indicated.

What are some of the events that will be taking place during the festival of Sanjoaninas?

Angra celebrates the Sanjoaninas festival today through June 29. This largest festival on the island honors Saint John the Baptist and is a legacy of a secular tradition that has been observed throughout the centuries. The following are some of this year's festival events. For Tonight through Monday, see last week's paper.

TUESDAY - 9 a.m. -

Basketball camps (sports pavilion)

10 a.m. - Sailing and canoeing

Noon- Street bullfight (São Pedro Street) (Six bulls will be released with no ropes)

2 p.m. - Boat races and rides

3 p.m. - Female Jr. Volleyball Tournament (sports pavilion)

6 p.m. - Arena bullfight

9:30 p.m. - Parade of St. John's juvenile dance groups (main street)

11 p.m. - Concert by popular groups Tá Modes, Tuca and Alma Popular (Bailhão Field)

11:30 p.m. - Concert by João Pedro's Band (Cathedral yard)

- Concert by popular music group Ronda dos Nove (main square)

WEDNESDAY - 9 a.m. -

Basketball camps (Angra sports pavilion)

Noon - Street bullfight for children (São João street)

3:30 p.m. - Female Junior Volleyball Tournament (Angra sports pavilion)

5:30 p.m. - Shotokan Karate (Angra High School)

7:30 p.m. - Beach Volleyball Tournament (Bailhão Field)

8 p.m. - Traditional games (main square)

9:45 p.m. - Marching band from São Bartolomeu (Cathedral yard)

10 p.m. - Portuguese folklore groups (main square)

- Martial arts (main square)

12:30 a.m. - Concerts by

ask Ed

Sr. Eduardo Lima
community relations adviser
limae@abw65.lajes.af.mil
Ext. 23413



bands Poliester and Absinto (Bailhão Field)

THURSDAY - 9 a.m. -

Basketball camps (sports pavilion)

10 a.m. - Arena bullfight for children and the elderly

5 :30 p.m. - Shotokan Karate (Angra High School Gym)

7:30 p.m. - Beach Volleyball Tournament (Bailhão Field)

10 p.m. - Parade of marching bands (main street/square)

11 p.m. - Concert by rock band Daweasal (soccer field)

11:30 p.m. - Concerts by Baga Baga and Bossanova (Cathedral yard)

12:30 a.m. - Concerts by CHC and Bate n'avô (Bailhão Field)

JUNE 27 - 9 a.m. - Basketball camps (sports pavilion)

2:30 & 6:30 p.m. - Female Jr. Volleyball Tournament (sports pavilion)

5:30 p.m. - Shotokan Karate (Angra High School Gym)

9 p.m. - Traditional games (main square)

9:30 p.m. - Radical Sports (Next to the soccer field)

10 p.m. - Parade of Mardi Gras dancing groups

11 p.m. - Concert by Banda do Palito (Cathedral yard)

- Concert by singer "Paulo Gonzo" (municipal soccer field)

12:30 p.m. - Concert by the Pop time Band and Kit (Bailhão Field)

JUNE 28 - 10 a.m. - Sailing/canoeing

- Shotokan Karate (Angra High School Gym)

11 a.m. - Soapbox derby (Santa Luzia hill)

- Radical sports (former

skating rink)

3 p.m. - Street bullfight in Angra's pier

6 p.m. - Arena bullfight - Shotokan Karate (Angra High School Gym)

9 p.m. - Traditional games (main square)

9:30 p.m. - Radical sports (former skating rink)

10 p.m. - Concert by marching band from São Sebastião (Cathedral yard)

11 p.m. - Performance by Terceira Island's Strings Group (main square)

- Concert by Portuguese Rock Band "Xutos e Pontapés" (municipal soccer field)

12:30 p.m. - Concerts by the groups "Los Gosmanos" and "Strangers" (Bailhão Field)

JUNE 29 - 10 a.m. - Sailing and canoeing in Angra bay

11 a.m. - Jet ski's skill exhibition (Angra bay)

2 p.m. - Exhibition of boat miniatures (Angra's pier)

- Parade of boats (Angra bay)

5 p.m. - St Peter's religious procession

6 p.m. - Shotokan Karate (Angra High School Gym)

9:30 p.m. - Performance by Portuguese popular music group "Lua Cheia" (main square)

- Performance by folklore music group Tuna do Raminho (Cathedral yard)

10:30 p.m. - Concert by singer Dulce Pontes (municipal soccer field)

Midnight - Fireworks over Angra bay.

sorties

June 9-15
AMC - 28
DOD - 21
ALLIED - 2

dui

Last DUI - May 31
Days without a
DUI - 19

Reaching 90 days without a
DUI earns the wing a down
day.

Exercise, Exercise, Exercise

Photos/SrA. Sharon Fairley



From Page 1



make the necessary corrections,” he said. “That’s why we train - so we hopefully don’t make the mistakes in real-world operations.”

More than a dozen areas were rated by the base exercise evaluation team and several areas were given the green light for excellent.

“It’s not uncommon in an exercise of this type to have a number of yellow and even a few red areas,” Hamrick said. “But, after last week we’ll take the lessons we learned and make adjustments. The next time around, we’ll get a little better and be more prepared for a real-world operations.”

As Team Lajes members were busy preparing for the exercise simulation of having hundreds of evacuees from the fictional country of Nadus pouring onto base, RAF Mildenhall in England received more than 100 evacuees from the African nation of Sierra Leone.

“It just goes to prove that these exercises aren’t just made up from nothing,” said Col. John Calvert, 65th Air Base Wing Vice Commander. “The evacuees who went to England could have just as easily been sent here - it can and does happen and we must be ready.”

And, while the exercise may have made for some late nights and early days for some, Hamrick is anything but apologetic.

“This is the meat and potatoes of why we’re here, in the Air Force and in the military,” he said. “Being prepared isn’t a 9 to 5 proposition - it has to be an ‘anytime, anywhere’ proposition. Exercises are fundamental to our core values.”

The major said time spent during training will more than make up for itself in a real world event. So is there more training?

“You bet,” he said. “Training never stops - we can’t afford to let it. You never know what tomorrow may bring.”



Above: Col. John Calvert and Col. Segundo Pereira discuss the exercise and the on-scene component during Friday's major accident response exercise. Left and right: Civil engineers work to clean up a 'fuel spill' caused by the crash of the C-5.



Above: Air Base No. 4 police, with their U.S. counterparts, keep the area secure. Left: Firemen on the scene help evacuate the wounded from the aircraft crash site.

Concerns

Continued from Page 2

benefit called TRICARE."

- Base schools under state control

"Most base schools have always been under state control (except Maxwell Air Force Base, Ala., and Robins AFB, Ga.). The Department of Education offsets local and state taxes by providing additional funds to districts. We have not heard any word of requiring the military to pay the state tax because of a family member attending a state school."

- Proposal to cut retirement pay at age 65 by 40 percent

"The words we expressed to Congress are preservation and stability in our retirement system. We're now under three retirement systems: final basic pay, high-3, and the military retirement reform act. We're watching how these different systems impact recruiting and retention; however, we expect proposals to change the retirement system to continue as this nation attempts to balance the budget. Current groups proposing changes are the Senator Gregg Task Force, Blue Dog Coalition, Centrist Coalition, and the Concord Coalition."

- Proposal to withhold active-duty retirement until age 65

"Again, we stand ready to protect our retirement system in recognition of the sacrifices of our service members -- preservation and stability are the key words."

- Members of the House and Senate have minimum military experience

"The number of congresspersons without military experience has increased. These individuals have a tough task at hand; trying to balance the budget and balancing the defense programs with other important issues. It is the responsibility of each of us to educate these members of Congress. I was very pleased to hear that many of our congresspersons are visiting bases, talking to the troops, and are sincerely concerned about the quality of life of our military members and their families. It's also important to note that they are listening to the concerns of our retirees."

- Attack on the commissary system

"Our military members and their families enjoy a savings of 29 percent compared to food costs in civilian stores. This amounts to \$150 per month for a staff sergeant's family of four. This savings would require a 9-percent base pay increase to equal this benefit. The Air Force leadership is committed to protecting this benefit for active and retired members."

- Child care privatization

"No outsourcing of our child care facilities are currently under way. If such actions are deemed necessary in the future, the Air Force

will ensure providers meet the same or higher standards of quality currently enjoyed."

- Same amount of people as in 1948

"The total number of people in 1948 was 386,392 (48,957 officers and 337,435 enlisted). Today there are 383,904 (75,025 officers and 308,879 enlisted). Our current strength levels are based on mission requirements. Our current end-strength levels provide the capability to support two major regional conflicts."

- Lose \$220 a month while in Bosnia

"The Joint Task Force commander and commanders in chiefs have flexibility in selecting per diem options for deployed troops: (1) Authorize regular temporary duty-- enlisted receive incidental rate of per diem and retain BAS; (2) Declare essential unit messing -- enlisted receive incidental rate and forfeit BAS; and (3) Participating in field exercises -- receive no per diem and forfeit BAS. Members serving in Bosnia also receive Imminent Danger Pay (\$150 a month) and Combat Zone Tax Exclusion (enlisted pay exempt from taxation while serving in designated combat zone or qualified hazardous duty area)."

- Suicide rates

"The average number of suicides in the Air Force is 60 per year for the past five years. In 1996, the Air Force experienced 48 suicides. About 30 percent have been linked to trouble with the law. Annual suicide prevention training became mandatory with the new March 1997 Air Force Instruction."

- Food stamps

"The last report, in 1995, said 11,900 DOD military people were on food stamps, 1,200 of those were Air Force (.3 percent). Typical food stamp recipients have large families."

- Military in debt

"We're concerned about the financial solvency of military members and have programs at family support centers to assist our military members. Debt in the military is comparable to the civilian community. Military members should take advantage of the financial services the Air Force offers. The Air Force Aid Society and Red Cross are also welcome options."

- Survivor Benefit Plan

"Under current law, SBP premiums are suspended if a military member's spouse predeceases the member. If a member remarries and wants coverage for a new spouse, the premium will be deducted from the member's retired pay. DOD submitted a report to Congress containing many options to improve and add flexibility to the SBP program -- we support these initiatives." (Courtesy of U.S. Air Forces in Europe News Service)



Air Force Worldview

AAFES set for surveys

DALLAS (AFNS) — Last fall the Army and Air Force Exchange Service conducted surveys to gather detailed information on customer satisfaction.

The feedback from the customer surveys indicated many shoppers wanted lower prices and a wider variety of merchandise. The input was used to develop new programs like "4 Ways to Save," which returns millions of dollars in savings to service members and their families.

AAFES is now ready to conduct the second round of surveys in 25 percent of its main stores, including some that didn't participate in the first round. The new surveys will focus on issues like: customer service, flyers, refunds, checkout, employee knowledge, courtesy and availability, overall customer satisfaction; and pricing.

The service began the surveys in 40 exchanges June 15.

On-line class registration

WASHINGTON — Registering for Air Force managed classes is a computer away as the first on-line course registration system is linked through the internet.

Going to <http://www.hq.af.mil/classes> on the world wide web enables enrollment, confirmation and cancellation of classes. The system offers e-mail notification, class schedules and transcripts on-line, and course catalog management for registrars.

"The training division spent 40 percent of their time signing up, canceling and confirming classes," said Lt. Col. Cynthia Gibbs, Headquarters Air Force Training Program manager.

The registration system collects, retrieves and manages training data and it can also accommodate courses managed by registrars throughout the Air Force.

Gibbs said customers can still enroll by phone, fax and e-mail, but registering on-line offers certain incentives.

"The system will mail you three messages," Gibbs said. "One confirms your class reservation, another reminds you to confirm your attendance, and the last reminds you to attend the class."

She said the system provides a list of classes a student is scheduled to attend, a transcript of classes attended and a catalogue of available classes.



Sports Shorts

Horseshoe tourney

There will be a horseshoe tournament June 28 beginning at 10 a.m. at the Oceanview Field. The double elimination tournament is free and prizes will be awarded for the winner and runner up. For more information, call Ext. 25151.

AF50 parents vs youth volleyball tournament

In conjunction with the Air Force's 50th anniversary, the fitness center is sponsoring a parents vs. youth volleyball tournament Saturday at 10 a.m. The double elimination tournament is luck of the draw and youths must be 12 to 18 years of age to participate. Awards will be given for first and second place. Call Ext. 25151.

Aerobic schedule

Aerobics are held at the following times:
Intermediate - Monday, Wednesday and Friday from 6 to 7 p.m.

Stretch - Wednesday from noon to 12:30 p.m.

Step and tone - Sunday from 2 to 3 p.m.
Aerobics and abs - Monday and Wednesday from 11 a.m. to noon.

Personal training - Monday and Wednesday morning. Appointments are available by calling Ext. 28832.

Notes

- Racquetball court No. 5 is a challenge court from Monday through Friday from 5:30 to 7:30 p.m.

- Massage therapy is available by a licensed massage therapist. For an appointment, call Ext. 28755.

- The lower locker rooms are undergoing renovations at the fitness center. Estimated completion time for the project is August.

Before exercise, be sure to

stretch

Junk food has place in diet

Leigh Ann Fulton
Microfit specialist

Clean out that secret stash. It's time to live healthy.

Ever have a bag of chips that were supposed to last the entire week only to see them evaporate during one TV show? If so, you're not alone. Some foods are called junk foods because they have little nutritional value and are often high in calories, fat, sodium or sugar. But we eat them anyway.

The truth is that junk foods can have a place in a nutritious diet. An occasional bag of potato chips or candy will not hurt you, but if the so-called junk foods become a regular part of your diet, they can interfere with your nutritional health.

If you feel you are a junk food junkie and would like to change your eating habits, start gradually, making one change at a time. Begin

by switching to low-salt variety of your favorite snack chip or cracker. If sweets are your downfall, try baking your own treats and reducing the amount of added sugar and fat by half. If you're quite certain you cannot live without candy, save it for a special occasion rather than an every day indulgence.

If you start slowly and give yourself time to adjust to new habits, you will be more likely to keep up with them. You will not feel as if you are depriving yourself. Each successful step will motivate you to follow through with the next step.

It's unrealistic to think junk foods will never pass through your lips again. But it is realistic and healthful to limit the amount of these foods you eat. If you have questions about your eating or exercise habits, would like nutritional counseling or desire a MicroFit analysis, call the Health Hut at Ext. 23889 or 26278.

Scores

Intramural sports results are courtesy of the Chace Fitness Center. Sports scores will be run on a space available basis.

Intramural Softball

June 11			
CES	12	MG	6
AMSS	10	COMM	9
COMM310		SUPS	7
June 12			
SPS/AFBS	13	OSS	3
CES	11	TRANS	1
AMSS	13	COMM2	6
COMM	14	MG	2
June 16			
MG	10	COMM2	8
SPS/AFBS	12	CES2	2
SUPS	9	CES	8

Ladies Softball

June 11			
AMSS/OSS	7	COMM	2
June 17			
COMM	14	SVD/ABW	10
CES	11	MG/SUPS	10

Summer Basketball

June 14			
SPS	57	PRAIA	53
COMM	81	AMSS	29
CES	37	MG	36
June 17			
MG	62	COMM	43

Coed Softball

June 11			
AMSS/SVD	11	LHS	1
June 16			
COMM	13	MG/AFBS	1

Intramural soccer

June 11			
AB4/PA	4	SUPS	1
June 14			
DECA	3	COMM/TRANS	0
CES	5	AMSS	0

Over 30 Softball

June 17			
COMM	8	AMSS/SVD	2
CES	11	USFORAZ	6

Bike race

The following are Saturday's mountain bike race results.

First - Marco Camillo, Clube BTT Angra
Second - Nunu Nugeiro, Puma Helicopter Operations Air Base No. 4

Third - Dean Gracey, 65th Operations Support Squadron, Team Lajes Fat Tire Club

Fourth - Jose Barbosa, 65th Civil Engineer Squadron, Rodas Gordas BTT

Fifth - Aaron Todd, 629th Air Mobility Support Squadron, Team Lajes Fat Tire Club

Anyone interested in riding the race courses or race information, can call Ext. 28755 prior to weekends.

Summer reading program

The base library is looking for dedicated volunteers to help with the summer reading program. The program is scheduled to run from Tuesday to Aug. 1. People interested should call Ext. 23688.

SUM dinner

There will be a single and unaccompanied member's dinner and pool party Thursday from 7 to 10 p.m. at the pool. The dinner will be hosted by the 65th Medical Group.

Yard of the month

The housing office is sponsoring a "Yard of the Month" program from June through August and all family housing occupants are encouraged to compete. Three teams will judge each of the area categories. The teams will consist of volunteers from base clubs as well as the housing inspectors. Prizes will be awarded for the best quarters in the following areas: Beira Mar, Lower "T" (two prizes) and Upper "T" area. Housing occupants will be judged in the following areas:

- Neatness. Includes lawns mowed, all concrete areas edged and free of weeds in cracks/crevices and patios and yards free of debris.

- Ornamental flowers, shrubs and artifacts. To include location, arrangement, appropriateness and appearance.

Monthly winners will be awarded prizes and receive a plaque in their yard. For more information, call Ext. 23614.

Foot care seminar

The 65th Medical Group will sponsor a presentation on "Prevention and Care of Common Foot and Ankle Problems" Tuesday at 3 p.m. at the theater. This information will be presented by the visiting orthopedic surgeon, and the entire community is welcome to attend. If you have any questions, call Ext. 26236.

Heath Hut notes

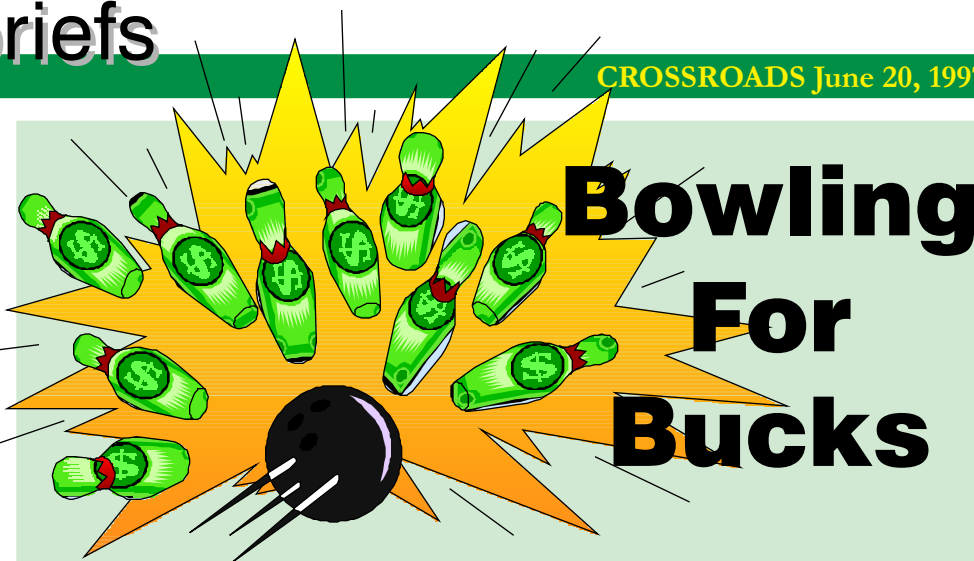
- Many teens want to strengthen and/or tone their bodies, but don't know how to get started. The Health Hut offers an adolescent strength training class. Call Ext. 23889 or 26278 to sign up.

- If you're not eating right you may be putting yourself at risk for heart disease, high blood pressure, high cholesterol and more. Don't dig yourself an early grave. Nutritional counseling is available at the Health Hut, call Ext. 23889 or 26278 to make an appointment.

Employment opportunity

City Colleges of Chicago is accepting applications for a part-time field representative/test administrator. Qualifications are a

Continued on Page 11



In conjunction with Brunswick* the Hillside Lanes is sponsoring Bowling For Bucks through Aug. 31. People can pick up a card at the bowling center and every time you play you get the card punched. After the 15th game players receive a free soda, three free games and a chance at a pair of bowling shoes or a bowling ball. Forty-five punches earns a chance at \$450 - one winner per base. One winner in Air Combat Command will receive a cash prize of \$1,050. For more information, call Hillside Lanes at Ext. 26169. (*No federal endorsement of sponsor is intended.)

Call Ext. 22369

CLASSIFIEDS

bushey@abw65.lajes.af.mil

- **FREE** - Two kittens, nine weeks old. Will help pay for shots in order to find them a good home. Call Ext. 28454 after 2:30 p.m.

- PCSing soon. 1986 Nissan Sentra, \$2,000. 1986 Ford Taurus, \$2,500. Call Chaplain (Maj.) Darryl Bruning at Ext. 24211 or Debbie at Ext. 25177. Call 22311 after 5 p.m.

- 1985 Dodge Ram - New brakes, new exhaust, body work and new paint job just completed. Runs great. \$3,000 Call Paul at Ext. 28494 after 6 p.m.

- Nintendo Entertainment System plus Gun Zapper and 19 games to include Super Mario Bros/Duckhunt, Arch Rivals Basketball, Baseball Stars, Super C, Bandic Kings of Ancient China, Ninja Turtles, Star Tropics, Gauntlet II, Infiltrator, Golgo 13, Platoon, Pirates, Dejavu, Solstice, Final Fantasy, Shadow gate, Caveman and Stealth. All for \$175. Call Brian at Ext. 28860.

- 1989 Ford Taurus, \$2,800 OBO. Runs and looks good, inspection good until March '99. Available immediately, call Ext. 28493.

- 1989 Hundai Excell GS. Inspection good until June of 1999. New clutch, fuel pump, timing belt, plugs, wires, rotor and cap. New brakes. Runs and looks great. \$2,750.00 Call

AJ between 8 a.m. and 10 p.m. at Ext. 21156.

- Yamaha 350XT enduro. Great island transportation, runs great, only 6,400 original miles. Asking \$2,000. Call Mario at Ext. 23354 or 28826.

- Free to good home - island bomb, '77 Toyota Corolla...it even runs. Ideal for parts. Call Ext. 28450.

- Cottage - 2 bedroom, 1 bath, \$6,500. Wood burning stove, electric water heater, gas drying, nice size yard, recent improvements to roof, new paint in and out, new bathroom floor and ceiling fans. Call Eric at Ext. 24111 or 28392.

- 1970 VW Beetle, great shape, \$1,400. For more information, call Larry Soybel at Ext. 23354 or 28295.

- Kenmore dehumidifier, large capacity. Brand new, still in box, \$225 or best offer. Call Ext. 28805 or 23157.

- Wet suit, 7mm long John and 7mm step in long sleeve jacket, \$171. Also, two Yokohama tires size 185/60 R13. Brand new, \$115. Call Francisco Rosa at Ext. 52790 or 23151.

- 1988 Nissan Sentra, inspected through Feb., '99, \$1,800 OBO. Call Ext. 28846.

Classified ads run on a space available basis for two weeks.

WHAT'S HAPPENING

CLUB, YOUTH, COMMUNITY CENTER

Club — 23202

Tonight - Shrimp-a-peel, \$12.95.

Saturday - Slow roast prime rib for two, \$18.95.

Sunday - Brunch, 10 a.m. to 2 p.m.; \$5.95 for breakfast buffet, \$9.95 for breakfast and lunch buffets. Children 5 and under eat free, children 6-12 eat for half price.

Monday - Short order grill and limited menu items.

Tuesday - Western buffet, \$7.25 for members, children 6-12, \$2.95; children 5 and under eat free. Officer and civilian equivalent karaoke, 7-9 p.m.

Wednesday - Family night buffet, all you can eat pasta bar, \$4.95 for adults, \$2.95 for 6-12 and free for 5 and under.

Thursday - Mongolian barbecue, 60 cents per ounce. Karaoke, 8:30 to 11 p.m.

CC Tours — 24135

Saturday - Coastal tour, 9 a.m. to 3:30 p.m., \$15 for adults, \$7.50 for children.

Wednesday - Craft tour, 9 a.m. to 3:30 p.m., \$15 for adults, \$7.50 for children. Visit local craftsmen in their workshops as they create traditional crafts.

June 27 - Quinta do Martelo dinner tour, 6 to 9:30 p.m., \$25. Tour includes transportation, tour guide and dinner of break, cheese, soup, beef or bean alcatra, dessert, water or soft drink.

CC — 26143

Saturday - Cake decorating class, 2 to 4 p.m. Three week course, \$30.

Wednesday - Free movie night, "House Guest," 7 p.m.

LYC — 23273

Monday - Supertime - 3-on-3 basketball tourney, 3 to 4:30 p.m., ages 6 to 12. **Swim** team practice, 8 to 9:30 a.m.

Thursday - Supertime - water balloon and egg toss, 3 to 4 p.m., ages 6 and up.

BRIEFS from Page 10

bachelor's degree and one to three years of general work experience, preferably in an educational environment. Applications are available at the education center, Bldg. T-426, Room 225 and must be submitted by the close of business July 18.

VRP manager hours

The hours of operation for the volunteer resource program manager are Monday through Friday from 8 a.m. to noon. For more information, call Luis Faria at Ext. 24138.

50th anniversary dining out

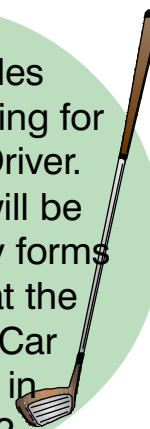
The Air Force 50th Anniversary dining out will be Aug. 30 at the Top of the Rock Club. For more information, call Ext. 24144.

Outdoor rec activities

- Paintball games will be held June 28 at 10 a.m. at the Fonte do Bastardo paintball field. Cost is \$15 per player and includes a full face mask, gun and field rental. Paintballs are \$2.50 per 50 balls. People should sign up in advance by calling outdoor recreation at Ext. 24140.

- Boating safety classes will be held June 27. The minimum age is 18 and the class is required to rent boats at Island Breeze boat rental. The class is free but reservations are required. Call Ext. 24140.

AAFES
New Car Sales
will hold a drawing for
a Big Bertha Driver.
The drawing will be
June 30th. Entry forms
are available at the
AAFES New Car
Sales office in
Bldg. T-202



16th Pro-Am golf tourney

The 16th Terceira Island Golf Club Pro-Am will be held June 30 through July 4. Sign up deadline for those interested in playing with the pros is June 25. Sign ups are limited to the first 70 players and the price includes all dinners and banquets associated with the event. Cost for non members is 36,000\$ for a player; 60,000\$ for a couple; 21,500\$ for juniors; and 18,500\$ for guests. Member prices are: 19,000\$ for a player; 26,000\$ for a couple; 13,000\$ for juniors; and 12,000\$ for guests. Volunteers are also needed for the Pro-Am. Interested people may call Eddie at Ext. 92299.



Saturday

Lunch: El rancho stew/chalupa/pasta primavera

Dinner: Cajun baled fish/chicken chow mein/beef stroganoff

Sunday

Lunch: Grilled ham steak/braised liver with onions/broccoli-chix spud casserole

Dinner: Baked Italian sausage/fried chicken/Mexican casserole

Monday

Lunch: Braised beef cubes/meatloaf/chicken a la king

Dinner: Chili macaroni/veal steaks/bean and cheese enchiladas

Tuesday

Lunch: Pork schnitzel/pineapple chicken/beef alcatra

Dinner: Salisbury steak/Chinese five spice

chicken/curried fish with garbanzos and rice

Wednesday

Lunch: Cajun meatloaf/grilled ham steaks/barbecue chicken

Dinner: Swedish meatballs/sweet and sour pork/liver fiesta

Thursday

Lunch: Tamale pie/roast turkey/vegetarian stuffed cabbage

Dinner: Beef and corn pie/baked fish with garlic butter/spaghetti

June 27

Lunch: Sukiyaki/baked chicken/pasta primavera

Dinner: Grilled ham steak/szechwan beef/tuna noodle casserole

(Note: Menu subject to change without notice. The daily hotline menu can be reached by calling Ext. 24248.)

Movies

All show times are at 8 p.m. unless indicated. Movies are subject to change without notice. Call Ext. 23302 for the latest information. (V= violence; S=sex; D=drug use; L=language.)



Saturday

Turbo - Power Ranger
PG (V) 109 min.
2:30 p.m.
That Old Feeling
PG-13 (L•S) 105 min.
8 p.m.

- The Rangers are back with new powers and Zords to help save a wise and gentle alien and Earth from destruction.
- Bette Midler and Dennis Farina. After being divorced for 15 years, Lilly and Dan are reunited at their daughter's wedding.

Sunday

Murder at 1600
No information available

- Wesley Snipes and Diane Lane. A White House employee has been murdered and the Secret Service are less than cooperative with the police investigation - the evidence seems to point at the president.

Monday

That Old Feeling
PG-13 (L•S)
105 min.

- See Saturday's listing for details.

Tuesday

The 6th Man
PG-13 (L•S)
104 min.

- Marlon Wayans and Kadeem Hardison. A basketball player tries to step from under the shadow of his dead brother but that plan is put aside when his brother's ghost helps him lead his university team to the championships.

Wednesday

The Saint
PG-13 (S•V•L)
117 min.

- Val Kilmer and Elisabeth Shue. Kilmer is the Saint, a master thief and loner who roams the world in search of loot. When he attempts to steal a lady scientist's work, they become caught up in a web of intrigue.

Thursday

Liar, Liar
PG-13 (S•L)
98 min.

- Jim Carrey, Maura Tierney. Carrey is a fast-talking attorney and liar. When his son's wish comes true, he has to stop lying for 24-hours and what was once his biggest asset, becomes a huge liability.

June 27

Murder at 1600
No information available

- See Sunday's listing for details.

SATURDAY

8:30 Newton's Apple
9:00 Masked Rider
9:30 Taz-Mania
10:00N *TBA
10:30 This Old House
11:00 This Week in Motor Sports
11:30 CNN Sports Illustrated
12:00 CNN News
12:30 Matinee:
Royal Rumble 1997
3:30 Movie Magic
4:00 Science & Technology Week
4:30 Promised Land
5:30 NAVEUR Magazine
6:00 CNN News
6:30 The Legendary Journeys of Hercules
7:30 Evening Movie: Scarlett (3 of 4)
9:00 *Sports TBA
12:00 *Sports TBA

SUNDAY

8:30 700 Club
9:00 Outreach of Love
9:30 Hour of Power
10:00 Sports Extra
11:00 Computer Chronicles
11:30 CNN Sports Illustrated
12:00 CNN News
12:30 Navy/Marine Corps News
1:00 Army Newswatch
1:30 *Double Feature: TBA
3:00 *TBA
4:30 America's Funniest Home Videos
5:00 Lois and Clark
6:00 CNN News
6:30 *TBA
9:00 *Sports TBA
12:00 *Sports TBA

MONDAY

9:00 Sesame Street
10:05 Batman
10:30 General Hospital
11:15 Guiding Light
12:00 CNN News
12:30 Wheel of Fortune
1:00 Today Show
3:00 Big Bad Beetleborgs
3:30 The New Adventures of Captain Planet
4:00 N *TBA
5:00 Jeopardy!
5:30 George Michael Sports Machine
6:00 CNN News
6:30 News 8
6:40 AFN Evening News
7:00 3rd Rock From the Sun
7:30 Party of Five
8:30 60 Minutes
9:30 Cybill
10:00 CNN News
10:20R News 8
10:30L ABC World News
Tonight
11:00 The Jamie Foxx Show
11:30 *Sports TBA

TUESDAY

9:00 Sesame Street
10:05 The Little Mermaid
10:30 General Hospital
11:15 Guiding Light
12:00 CNN News
12:30 Wheel of Fortune
1:00 Today Show
3:00 Cro
3:30 Arthur
4:00 The Secret World of Alex Mack
4:30 Sister, Sister
5:00 Jeopardy!
5:30 CNN Sports Illustrated
6:00 CNN News
6:30 News 8
6:40 AFN Evening News
7:00 Fresh Prince of Bel Air
7:30 E.R.
8:30 Grace Under Fire
9:00 Millennium
10:00 CNN News
10:20R News 8
10:30L ABC World News
Tonight
Cheers
11:30 *TBA
12:00 *Sports TBA

WEDNESDAY

9:00 Sesame Street
10:05 Cro
10:30 General Hospital
11:15 Guiding Light
12:00 CNN News
12:30 Wheel of Fortune
1:00 Today Show
3:00 Waynehead
3:30 Animaniacs
4:00 Where On Earth Is Carmen SanDiego?
4:30 California Dreams
5:00 Jeopardy!
5:30 CNN Sports Illustrated
6:00 CNN News
6:30 News 8
6:40 AFN Evening News
7:00 Suddenly Susan
7:30 Frasier
7:55 Evening Movie: *TBA
10:00 CNN News
10:20R News 8
10:30L ABC World News
Tonight
Cheers
11:00 Late Show
11:30 The Tonight Show
1:30 1997 LYP
Telethon Highlights

THURSDAY

9:00 Sesame Street
10:05 Darkwing Duck
10:30 General Hospital
11:15 Guiding Light
12:00 CNN News
12:30 Wheel of Fortune
1:00 Today Show
3:00 Raw Toonage
3:30 All Dogs Go To Heaven
4:00 Global Guts

4:30 Fresh Prince of Bel Air
5:00 Jeopardy!
5:30 CNN Sports Illustrated
6:00 CNN News
6:30 News 8
6:40 AFN Evening News
7:00 Star Trek: Voyager
7:50 Reeltime
8:00 Seinfeld
8:30 Murphy Brown
9:00 Melrose Place
10:00 CNN News
10:20R News 8
10:30L ABC World News
Tonight
Cheers
11:30 Saturday Night Live
1:00 *TBA

JUNE 27

9:00 Sesame Street
10:05 Goof Troop
10:30 General Hospital
11:15 Guiding Light
12:00 CNN News
12:30 Wheel of Fortune
1:00 Today Show
3:00 Animaniacs
3:30 Nick News
4:00 Goosebumps (2 of 2)
4:30 The Simpsons
5:00 Jeopardy!
5:30 CNN Sports Illustrated
6:00 CNN News
6:30 News 8
6:40 AFN Evening News
7:00 Sabrina, Teenage Witch
7:30 Friends
8:00 ABC Primetime
9:00 NYPD Blue
10:00 CNN News
10:20R News 8
10:30L ABC World News
Tonight
11:00 Dave's World
11:30 *Late Show: TBA
1:00 *Sports TBA
4:30 CBS Evening News
5:00 NBC Nightly News
5:30 CNN Sports Illustrated
6:00 ABC World News
Tonight
6:30 ABC Nightline

*Note: AFN Europe programming schedule not available at press time

RADIO SPORTS

SATURDAY

8:00 pm ML Baseball
Orioles vs Blue Jays

SUNDAY

12:30 am ML Baseball
Mariners vs Rangers
6:00 pm
12:00 am ML Baseball
Dodgers vs Giants

TUESDAY

12:00 pm ML Baseball
Pirates vs Astros

WEDNESDAY

6:00 pm ML Baseball
Royals vs White Sox
11:00 pm ML Baseball
Twins vs Indians